

Not Chaos Magic (Really!)

Write down your desires. Work towards them in a detached way.

Do things, and things will happen.

You've been indoctrinated for so long. You can't change just like that, but there are things you can do:

Start taking therapy (preferably cognitive). Learn about thought-patterns, mental habits, seemingly automated responses. Or read a book, if it's too expensive.

Start working with the patterns you want to change. Gently.

Be forgiving of yourself and others. You'll fail, and try again.

Try to change your wardrobe. You're a role-player. Go role-play out in the real world. If you tend only to wear black, try some colors. Try on some different ways of being. Play Lehman's game. Smile more. Or less.

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Find some god-idea to talk with. Or meditate, if talking to ideas seems too weird.

Read up on the deity or meditational practice. Follow the guidelines.

It's only a game. Try to remember.

It's not a game. It's our only life

Invent some small rituals. E.g.: find something to be thankful for, every morning, every evening. Look at the sky, say: "thank you".

Don't believe the hype.